

# Swabbing your baby

**This leaflet gives instructions on how to take a swab from your baby. Please follow the instructions carefully and if you have any questions, please contact us (contact details at the end of the leaflets).**

This kit contains one swab which must be used for both your baby's throat and nose (a combined nose and throat swab).

## Preparing to do a swab test on your baby

It is important that you can carry out the test safely, and you may find it easier with another person to help you as your baby may wriggle or want to touch the swab. We suggest doing the tests before you feed your baby to reduce the risk of them vomiting (being sick) when you do the test.

Small babies and infants may get upset when you try do the swabs and you may want to swaddle them and lie them on a flat surface, or hold them in your arms.

If you are swaddling your baby/infant remember:

- to use thin materials
- not to swaddle above the shoulders
- not to swaddle too tight.

Your baby may get upset or distressed when you do the nasal swabbing and may cough or splutter when you do their throat swabbing.

You can help soothe your baby by distracting them. You can do this by playing some music or singing to them.

## Doing the swab test on your baby/infant

- 1 Wash your hands and unpack the kit on a clean surface.
- 2 Label the tube **clearly** in **BLOCK CAPITALS** with your baby's full name, date of birth and postcode. Also write 'nose and throat swab' on the tube.
- 3 Remove the swab from its sleeve. Do not lay it down or touch the tip.
- 4 You have been given one swab for both throat and nose:
  - a. **Throat swab:** rub the swab tip a few times around the back and sides of your baby's throat. (the areas shown by the green arrows in the picture).
  - b. **Nose swab:** insert the swab into the nose until you feel some pressure. Gently rotate and then remove the swab.
- 5 Using your other hand open the tube and put the swab inside. Snap off the tip at the weak spot in the middle of the shaft. Throw away the rest of the shaft.
- 6 Screw the cap as tight as possible to make sure the test tube is properly sealed.
- 7 Put the test tube in the provided plastic bag and seal the zip lock.
- 8 Roll the zip lock bag around the test tube, and place it in the tub that is in the cardboard box (marked UN3373).
- 9 Wash your hands.
- 10 Place the request form in the cardboard box (but **NOT** in the tub).
- 11 Place the cardboard box into the large polythene bag.
- 12 Return the polythene bag to the courier - observing social distancing rules.
- 13 Wash your hands.



### Contact us

If you have any questions or concerns about the swabbing process, or the pre-assessment process, please contact the pre-assessment team, **t:** 020 7188 7188, extension 56225, Monday to Friday, 9am-5pm.

If you have any queries about your child's surgery, please contact the service your child is under directly, on the contact details you already have for the service team.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

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